

**Noel** : Is happiness a set of clear instructions?  
**Gwen** : For computer programmers, perhaps . . .

## **CULTIVATING CONTENTMENT:** **Engineering Inner Joy**

Keep your core operating system simple.  
Maintain constant curiosity.

Accept emotions as they are each moment:  
don't take any emotion too seriously.

Remember you're dead already &  
by some miracle happen to be breathing now.

Relish the unexpected:  
it's happening constantly.

Take the time to notice sunsets.  
Closely observe sky and clouds.

If no friends are nearby,  
speak to trees, animals, or plants –  
consciousness extends from galaxies to ants.

If hardships fill your heart  
focus on making others happy –  
observe how they define joy.

Imagine you're loved more deeply than you can imagine:  
strange as it seems, you actually are.

Be certain part of you is already awakened –  
& don't fret about the rest.

**- T Newfields**

Beg.: 2006 Tokyo \* Fin.: 2017 Yokohama

